



Health Promotion and Prevention Initiatives (HPPI) Newsletter

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SPOTLIGHT INITIATIVE

Teaching resiliency skills to enhance readiness for Soldiers and their families

Benefits of resiliency

Soldiers that are resilient are better able to focus on their mission. Families who are resilient are better able to cope with stress, manage relationships, and support each other. Soldiers and their families learn resiliency skills through experiences and challenges they share together.

Program implementation

A recent Health Promotion and Prevention Initiatives (HPPI) Program initiative gave Soldiers and their families the opportunity to learn resiliency skills. Resiliency is the ability to cope well with challenges and bounce back from adversity. Resiliency is proactive stress management.

Translatability

Analysis of project outcomes resulted in several guidelines which can be used at any installation to teach resiliency skills to Soldiers and their families:

- » Provide a stress-free haven where families can strengthen and/or reestablish relationships (whether before or after deployment).
- » Provide learning experiences and challenges for the entire family. Challenges conducted in a safe, controlled environment help Soldiers and their families to tap into their strengths and to improve resiliency.
- » Including the spiritual component in a program or activity is a resource that is often left untapped.

IDEAS FROM THE FIELD

On a shoestring: Program ideas that don't cost a lot

Team up with an on-going program. Collaborate with other family/youth programs on post to offer health education classes as a part of those programs.

Walking programs require little in the way of resources. A safe place to walk and flyers to advertise the program will get you started.

“Lunch and Learn” sessions are an inexpensive way to cover a variety of health promotion topics. The bottom-line resources needed are just a space for participants to eat and listen, a willing instructor, and some advertising flyers.

Use email whenever possible to advertise programs, send reminders or motivational tips, and to get follow-up information.

HEALTH PROMOTION RESOURCES

The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General (released 27 June 2006)

http://www.cdc.gov/tobacco/sgr/sgr_2006/index.htm

PROGRAM POINTERS

Using program evaluation to make improvements to a health promotion program

Program evaluation provides the opportunity to make changes to health promotion programs in order to improve program effectiveness.

Evaluate your program by answering these questions:

What worked?

- » Subjective evaluation can include participant comments, instructor observations, and “word on the street” about the program.
- » Objective evaluation can include attendance, changes in lab values, weight change, change in dietary habits, and pre/post knowledge assessments.

What didn't work OR what could go better?

Be honest about what didn't go smoothly, as well as with what worked well. Then make changes as needed.

- » Did attendance fall off toward the end of the program? Consider increasing the length of each session and decreasing the overall duration of the program.
- » Was it a battle for participants to complete diet journals? Consider doing a one-day diet recall during class instead.
- » Did you have a problem always finding a room in the MTF for the class? Consider other locations such as the gym or recreation hall.

What unexpected outcomes occurred?

Step back and look at your program from a holistic perspective.

- » Did something occur that you didn't expect? For example, by having activities in a common area, you may get “walk-up” participation you did not anticipate.
- » Did something you expected to occur not come to pass? If so, take a closer look at program materials to make sure what you are measuring was actually affected by program activities. Avoid measuring outcomes that the program cannot (or did not) affect.

DON'T REINVENT THE WHEEL

Pediatric Obesity Resources— data and statistics, science-based strategies, policy guidance, references:

<http://www.cdc.gov/HealthyYouth/overweight/index.htm>

HPPI NEWS AND FAQ

HPPI FY07 Request for Proposals (RFP)

The HPPI Program identifies best practices in health promotion through the funding and evaluation of new and/or innovative health promotion and prevention initiatives. The next HPPI Request for Proposals (RFP) is expected to be released in October 2007.

Complete RFP details will be posted to the HPPI web site (<http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>) as soon as those details are finalized.

The purpose of the HPPI Program is to fund health promotion initiatives and not research promotion or preventive medicine research.

Priority will be given to funding projects which have already started. Funding awards are not intended to serve as a substitute for local installation sustainment resources. HPPI FY07 funding awards will range between \$2,000 and \$25,000.

To be notified when the HPPI FY07 Request for Proposals is released, contact the HPPI Program at hppi_program_info@amedd.army.mil.

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